Military OneSource

Special Needs Services

Eligibility

- Active, Guard and Reserve service members
- Immediate family members

Private and Confidential

Privacy protected

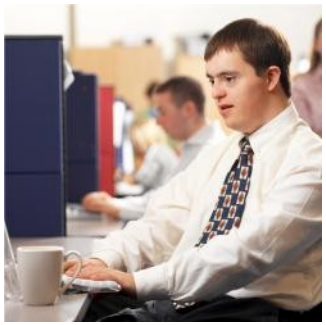
- Personal information is not
  - Provided to military or chain of command
  - Shared with family or friends
  - Released to other agencies

Duty to Warn

- Family maltreatment (spouse, children, elder abuse)
- Harm to self or others
- Illegal activity

Range of Support

Special Needs



- ✓ Family support
- ✓ Relocation
- ✓ Medical resources
- ✓ Education and early intervention
- ✓ Financial and legal support
- ✓ Support for adults with special needs
- ✓ Taking care of yourself

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1-800-342-9647

Family Support

- Considerations
  - Understanding the circumstances
  - Coping with the day-to-day demands
  - Finding child care
  - Communicating with family members
  - Dealing with deployment

- Resources
  - Health Library
  - *When your Child is Diagnosed with a Serious Medical Condition* (Article)
  - *Finding Strength in Family and Community* (CD)
  - *Child Care for Children With Special Needs* (Article)
  - *Parenting your Special Needs Child While Your Spouse is Deployed* (Article)

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Counseling

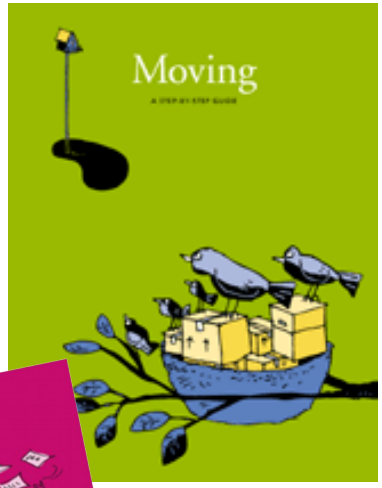
Face-to-Face Counseling	Telephone Consultations	Online Consultations
Face-to-face sessions with a local professional counselor	Telephone consultations with a professional counselor, expands capabilities	Online consultations with a professional counselor, held in a secure chat environment

Short-term, solution-focused counseling referrals for

- readjusting to home and life after deployment or mobilization
- stress management
- marital and couples counseling
- counseling for parent-child (or guardian-child) issues
- grief counseling
- divorce or struggling relationships
- coping with job or career stress

Relocation

- Considerations
  - Travel planning
  - Housing
  - New schools
  - New doctors
- Resources
  - *Moving* (Booklet)
  - Plan My Move
  - *Special Needs Travel Checklist*
  - *Traveling Across the Country with a Special Needs Family Member* (Article)
  - *Relocating When Your Child Has a Serious Medical Condition* (Article)
  - *Handling Stress With Humor* (CD)



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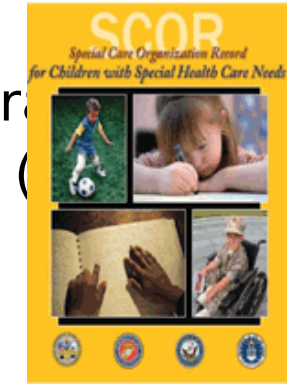
Medical Resources

- Considerations
  - Understanding medical benefits
  - Navigating the health care system
  - Locating care
- Resources
  - Links to resources
    - TRICARE
    - Extended Health Care Options (ECHO)
    - Beneficiary Counseling and Assistance Coordinators
    - Exceptional Family Member Programs
  - Materials on specific issues
    - *Mental Health Disorders in Children* (Article)
    - *Asperger Syndrome: First Steps Toward Understanding* (Article)
    - *Understanding Autism Spectrum Disorders* (Booklet)

Education & Early Intervention

- Considerations
  - Understanding special needs education progr
  - Getting an Individualized Education Program (
  - Working with teachers
  - Advocating for school programs



- Resources
  - *SCOR for Children with Special Health Care Needs*
  - *Understanding the Special Education Process* (Article)
  - *Parents and Schools Working Together* (Article)
  - *Getting an Evaluation for a Child with Special Needs* (Article)
  - *Communicating with Teachers When Your Child Has Special Needs* (Article)

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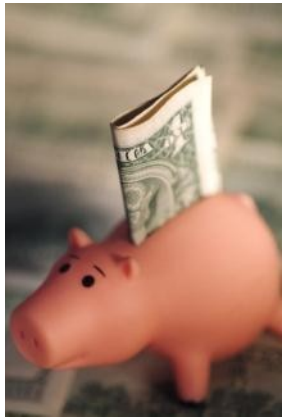
Financial & Legal Support

- Considerations
  - Travel planning
    - Cost of care
    - Medical needs
  - Equipment
  - Guardianship
  - Estate planning
- Resources
  - Financial Counseling
  - *Paying for Long-Term Care* (Article)
  - *Questions and Answers About Special Needs Trusts* (Article)
  - Links to resources:
    - Personal Financial Management Program
    - Debt Collections Assistance Officers
    - Armed Forces Legal Assistance Program



Support for Adults with Special Needs

- Considerations
  - Transitioning your teenager
  - Vocational planning
  - Long-term care
- Resources
  - *DoD Special Needs Parent Tool Kit*
  - *Transition Planning for a Teenager with an IEP* (Article)
  - *Support for Adults with Special Needs* (Article)
  - Links to resources
    - Military HOMEFRONT
    - State and Federal Programs

Taking Care of Yourself

- Considerations
  - Increased stress
  - Finding time
  - Locating a support group
  - Respite care
- Resources
  - *Feeling Good* (Booklet)
  - *Sleep Better Now* (CD)
  - Healthy Habits Health Coaching
  - Online Library

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Specialty Consultations

- Twelve 60-minute sessions annually
- Assess individual and family needs
- Identify resources and benefits

Educational Materials

- Special Needs Resources
  - Booklets: Personal Budget Management, Getting Out of Debt,
  - CDs: Taking Charge of Your Money, Personal Finance for Everyone
  - Articles and Worksheets
- Multiple ways to access material
  - Download
  - Print
  - Order for home delivery
- Free to eligible users

Getting Out of Debt
Personal Budget Management
Understanding Autism Spectrum Disorders (ASD)
American Academy of Pediatrics

Online Resources

- Discussion boards
- Newsletters
- Webinars
- Podcasts
- Moderated Chats

Accessing Special Needs Information

Home
Military Life & Deployment
Family & Recreation
Health & Relationships
Career & Education
Financial & Legal
Crisis & Disasters
Community
Special Needs
Mental Health and Addictions
Relationships
Wounded Warrior
Senior Health
Adult Health
Childhood Health
Emotional Well-Being
IMMEDIATE HELP 24/7
Contact a Consultant Now
1.800.342.9647
International calling options
National Suicide Prevention Lifeline
1.800.273.TALK (8255)
MORE COUNSELING OPTIONS:
Face-to-Face Counseling
Telephone Consultation
Online Consultation
Email a Consultant
Financial Consultation
Welcome » Health & Relationships » Special Needs
Special Needs
Special Needs Military Families
Whether your special needs family member is a child or adult, the Department of Defense and the military services are committed to giving you personal, high-quality support.
Military OneSource Specialty Consultations
Military OneSource provides 60-minute consultations, up to 12 times a year, with a Special Needs Specialty Consultant. The consultant will assess your family's needs and answer your questions about moving benefits, education, finances, housing, support groups, medical resources, and more. To schedule your consultation, call Military OneSource at 1-800-342-9647 and ask for an appointment with a Special Needs Specialty Consultant.
Family Support - The Department of Defense and the military services provide several types of support to military families with special medical and/or educational needs.
Moving - Moving is stressful under any circumstances. If you're moving with a special needs family member, it requires even more planning.
Medical - If your family member has special medical needs, it's important to understand the medical benefits available through the military health care system, who can help you, and
TOOLS
DOD AND BRANCH RESOURCES
Marine Corps EFM
Navy EFMP websi
Air Force EFMP we
HOMEFRONT Cor
MilitaryHOMEFRO
PROGRAMS
Healthy Habits He
iCanAchieve Teen Weight Management Program
Sittercity Childcare Program
YMCA
SPECIAL NEEDS MATERIALS
Special Needs Parent Toolkit
SCOR for Children with Special Health Care Needs
Discuss Special Needs Discussion Board
ONLINE LIBRARIES
Kids InfoBits

Call direct or access information online

Access

Toll-Free telephone:
1-800-342-

www.MilitaryOneSource.com

E-mail your questions to a consultant

Interaction with trained outreach

You should expect:

- 24/7/365 worldwide access
- Master's-level consultants to answer your questions
- Objective, experienced, caring people
- Up-to-date and useful information
- No cost
- A commitment to quality

Questions

www.militaryonesource.com 1-800-342-964